



Direct Primary Care

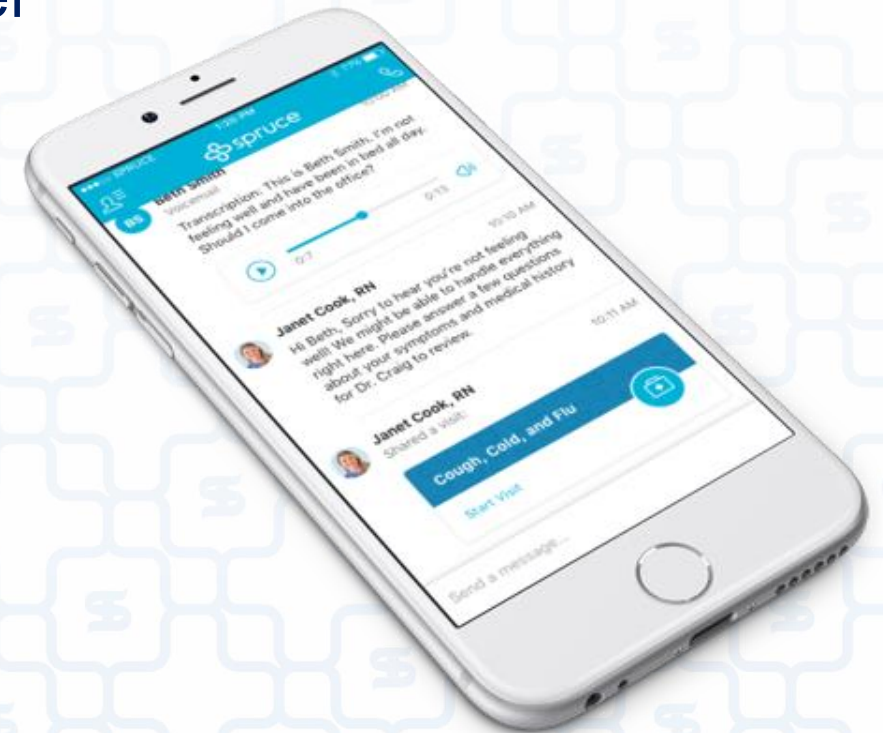
Low Cost Option, High Value Healthcare

<https://youtu.be/zZld3LBDQuY>

Standard and Select DPC Plans

Direct Primary Care Membership paired with a High Deductible Health Plan

- Unlimited access to Strada healthcare provider
 - In office visits
 - Calls, texts, video chat
- Same or next day appointments
- No copays or deductibles for Strada services



Covered Services

- Annual physicals and annual lab work
- Preventive appointments and follow-ups
- Repair of simple cuts and abrasions
- Treatment of sprains
- Women's health (excluding labs and mammograms)
- Well checks for children and infants (excluding immunizations)
- Chronic disease management
- Weight management and health risk assessment
- Work, school, and sports physicals
- Basic mental health
- Stress management

More Care, More Convenience



MEET JENNIFER

She has 2 small children.

How has DPC helped her and her family?

Jennifer's oldest child wakes up with a swollen, itchy, red eye. She knows that another child in daycare stayed home last week with pink eye. Jennifer has a Strada Healthcare membership and is able to use the Spruce app to take a picture of her child's eye and send it to her provider. She has a conversation with her provider to determine the right treatment. Jennifer was able to contact her provider, get a diagnosis, and receive a prescription, all without having to miss work and go to the doctor's office.

More Care, More Confidence

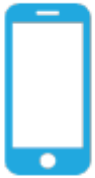


MEET MARK

A mechanic who generally feels healthy.
How has DPC helped him?

Mark works with his hands, is on his feet all day, and hasn't been to the doctor in 15 years. He thinks he lives a pretty healthy lifestyle, eats vegetables and gets his steps in almost every day. When he had his first appointment at Strada, he found out that he was pre-diabetic. With the help of his Strada provider, Mark changed his diet to include less fried food and more greens. Mark also started walking in the morning and in the evenings. Had his pre-diabetes gone undetected, Mark could have many more health issues and costs as he grew older, but instead, his cholesterol is under control and he now knows he's healthy.

More Care, Lower Cost



TEXTING OR CALLING YOUR PROVIDER

Strada Healthcare allows patients to securely communicate with their provider anytime with an app called Spruce.



A PERSONAL RELATIONSHIP WITH YOUR PROVIDER

We believe that the doctor-patient relationship is incredibly important to quality healthcare.



UNLIMITED OFFICE VISITS

Strada does not charge copays for office visits and eliminates traditional cost-barriers to care.



LOWER COSTS FOR LABS & IMAGING

Strada has negotiated discounts for specialty services outside of our primary care clinics.

Locations

Omaha

Gretna

Bellevue

Papillion

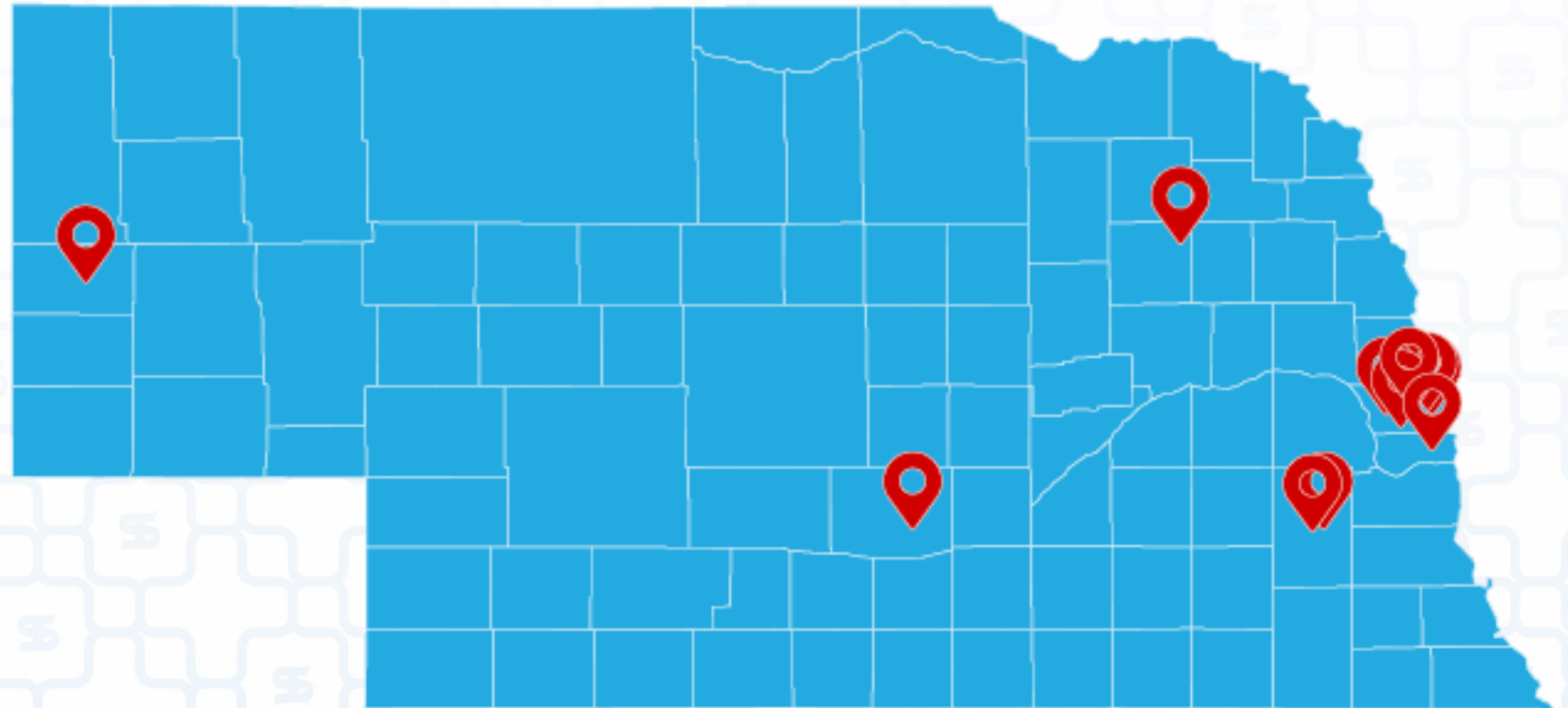
Lincoln

Norfolk

Kearney

Scottsbluff

Council Bluffs



Visit www.stradahealthcare.com/Nebraska and click on Providers for a full listing.

		Select High Deductible Health Plan		Standard High Deductible Health Plan	
		FULL-TIME	PART-TIME	FULL-TIME	PART-TIME
Employee Only (Single Coverage)	Your Cost:	\$65.28	\$106.94	\$56.40	\$92.40
	State Cost:	\$245.60	\$203.94	\$212.22	\$176.22
	Total:	\$310.88	\$310.88	\$268.62	\$268.62
	Your TOTAL Cost: (Membership Fees and Plan Premiums)	\$83.96	\$137.56	\$75.10	\$123.02
Employee + Spouse (Two-Party Coverage)	Your Cost:	\$185.16	\$303.30	\$161.62	\$264.76
	State Cost:	\$696.54	\$578.40	\$608.06	\$504.92
	Total:	\$881.70	\$881.70	\$769.68	\$769.68
	Your TOTAL Cost: (Membership Fees and Plan Premiums)	\$222.54	\$364.54	\$199.00	\$326.00
Employee + Dependent Children (Four-Party Coverage)	Your Cost:	\$140.64	\$230.40	\$122.46	\$200.58
	State Cost:	\$529.14	\$439.38	\$460.66	\$382.54
	Total:	\$669.78	\$669.78	\$583.12	\$583.12
	Your TOTAL Cost: (Membership Fees and Plan Premiums)	\$172.14	\$282.00	\$153.96	\$252.18
Employee + Spouse + Dependent Children (Family Coverage)	Your Cost:	\$235.32	\$385.48	\$203.80	\$333.86
	State Cost:	\$885.28	\$735.12	\$766.72	\$636.66
	Total:	\$1,120.60	\$1,120.60	\$970.52	\$970.52
	Your TOTAL Cost: (Membership Fees and Plan Premiums)	\$298.12	\$488.34	\$266.60	\$436.70

The TOTAL monthly cost for a plan with Direct Primary Care is in **red** and includes the insurance premium and membership.

Low Cost Option, High Value Healthcare

	Regular Health Plan	Well Nebraska Plan	Consumer Focused Plan	Plans Include Direct Primary Care	
				Select Plan	Standard Plan
Employee Only	\$161.74	\$133.92	\$91.48	\$83.96	\$75.10
Employee + Spouse	\$428.64	\$354.90	\$242.42	\$222.54	\$199.00
Employee + Dependent	\$331.60	\$274.54	\$187.54	\$172.14	\$153.96
Family	\$574.22	\$475.42	\$324.76	\$298.12	\$266.60

The Select and Standard Plan are the lowest premium option; however they have the highest deductibles and are not eligible for Health Savings Account contributions. Check the 2020-2021 Options Guide for details on each plan.

Questions?



Contact us! We'd love to hear from you!

1-888-287-8522

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www.stradahealthcare.com/nebraska